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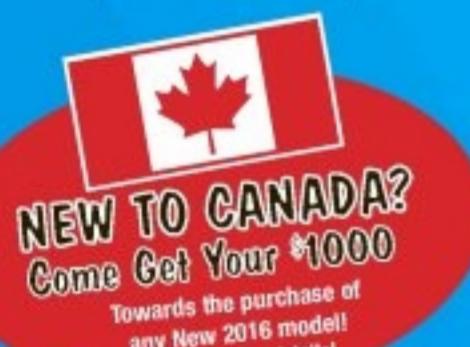
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Winnipeg metro

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metroNEWS



Making room for street eats

PARKING

More food-truck alleys eyed by operators, the city



Stephanie Taylor
Metro | Winnipeg

The president of the Winnipeg Food Truck Alliance believes there's an appetite in our city to establish more food truck alleys.

Steffen Zinn said pinpointing streets or empty lots that could be designated for food trucks is something operators and the city are working towards.

He said it's part of a three-year pilot project to roll out a special designation for food-truck parking.

Sections of streets or entire surface parking lots transformed into daily, summer-long food truck gathering spots are a common sight in other cities.

For example, this summer The Forks has invited a number of food trucks to set up shop along the laneway between the Canadian Museum for Human Rights and The Forks Market.

Zinn said operators and officials have eyed other less commercially busy streets such as Edmonton Avenue or Hargrave Street as possible locations.

Another potential site includes Air Canada Window Park near Portage Place Mall.

"There was some talk about that park being redeveloped; now with the potential interest from the food truck community and parking there, they may actually incorporate food trucks sitting on the street into the design of that park," he said on Thursday.

He explained that currently, food truck operators and nearby business are stuck competing not only for the attention of customers, but parking and sidewalk space.

That's why for the second summer in a row, the Winnipeg Parking Authority is piloting a rule that allows for a maximum of two food trucks per block along Broadway.

Zinn says some parking lot owners have been approached with the idea of transforming their property into a food truck zone.

The problem, however, is that more money can be made from operating a traditional parking service than opening lots up to food truck owners.



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Vaping not just for quitters

E-CIGARETTES

Shop owners say clients split between vapers, ex-smokers

Braeden Jones
Metro | Winnipeg

A year after Manitoba's then-NDP government brought vaping legislation into law, vaping culture has evolved beyond simply quitting smoking.

Frankie Garcea, owner of Cloud City Vapour Products, said that in the past year the cross-section of clientele he sees at his store on Ness is split nearly down the middle, made up of both people quitting smoking, and new vaping enthusiasts.

"It did start off kind of to get you off of cigarettes, as an alternative... but there is another side of vaping that's the hobbyist side, and it's getting more popular," he said.

The trendier hobby side of the vape world has grown as the product offerings — both flavours and actual devices — have increased as well.

"People who start off quitting cigarettes get more into it (the hobby side) and want better flavour, and more vapour production, things like that," Garcea said. "At the moment it's probably slightly more people getting off cigarettes, but slowly the hobby side is growing."



Frankie Garcea, owner of Cloud City Vapour Products, pushes an "O" of vapour in his shop in the city's West End. BRAEDEN JONES/METRO

David Lofchick, owner of Cold Turkey Vape Shop downtown, said the same.

"There's essentially two categories of vapers... those that vape as a smoking alternative, and there's the hobbyists who start out in the first category, and then they get into the latest and greatest devices," he said.



We want to make sure it works for you to keep you off cigarettes.

Frankie Garcea

Some of them even compete, "to see who can blow the biggest vapour clouds."

Both shops are set up with comfortable seating for people

to try out and enjoy their vapour products, which will come in handy once the proposed legislation comes into force.

The Non-Smokers Health Protection Amendment (E-Cigarettes) was introduced for first reading in the legislature back in June 2015.

It amends the existing non-smokers act by extending its scope to include e-cigarettes and vaping products.

No vaping is allowed where smoking is disallowed, with

the exception of the actual vape shops where products are sold — something Garcea and Lofchick are both set up for.

In a response sent to the Electronic Cigarette Trade Association of Canada, government officials informed the group that while the bill was passed and received royal assent on Nov. 5, 2015, the "in force date" has yet to be set, meaning it's not yet enforceable.

Additionally, regulations including signage rules have yet to be developed.

Garcea said he's been told legislation will come fully into effect by this fall, which he believes will only strengthen the burgeoning vape community and help its shops, which already follow the rules.

"They're saying you can't vape in public, which is great, because it looks bad on certain people vaping in places you couldn't smoke.... We already have a bad name so we're trying to avoid that," he said. "With no vaping under 18, that's great, we've already been enforcing that."

"This is good because we'll have the government on our side."

For both hobbyists and people trying to quit smoking, Garcea added being able to vape in the shops is critical, "because we have to have our customers try different flavours."

"We have close to 100 different flavours, there's no one flavour for everyone, and we want to make sure it works for you to keep you off cigarettes," he said.



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HUDSON'S BAY

No kitten... cat café on the way

ANIMAL ADOPTION

City follows the global trend — coffee with the purrfect pour

Elisha Dacey
Metro | Winnipeg

On the back paws of successful ventures in Vancouver, Toronto and around the world, Winnipeg will soon be home to its first cat café.

To be called Miss J.La's Fur Babies and Cat Adoption Centre, it hopes to open at 1099 Kingsbury Ave. in the coming weeks.

Owner Jennifer Laferriere says the café will be operated out of her dance studio, where they have lots of room.

"(The studio) is really big, it's more space than we need," said Laferriere.

"The part we'll be using, it's a huge room and it has rooms off of there, so there will be room for their supplies, for



A cat stretches at a cat cafe in Montreal. A Winnipeg woman is hoping to recreate the same experience here. THE CANADIAN PRESS FILE

litter boxes, for feeding."

The set up is simple. For \$10 an hour, people can come and relax and be around the cats. There will be hot and cold

beverages and a bakery will be providing goodies for sale, so no food will be baked on site.

"You need a kitchen and everything for that, and we

don't have a kitchen," Laferriere said. She had heard about other cat cafés around the world, and wanted to give it a go.

"I'm just hoping that it works... will Winnipeg like this, will they want to come to this? I'm hoping that they would. But I'm feeling confi-

I'm hoping that with me taking some, they will have room to take more off the street, because they need fosters for all their animals.

Jennifer Laferriere

dent that it would."

The café will be host to about 10 cats at a time, from a smaller local rescue shelter. That deal has not been finalized, said Laferriere.

"(The cats will be from) smaller rescues, the ones that go out and they get called and they go and get them. And I'm hoping that with me taking some, they will have room to take more off the street, because they need fosters for all their animals."

All the animals will be adoptable, she added.

Laferriere says the café will be open some time in July.

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Jeremy Senaris at a fundraiser at Norwest Community Centre.
HANDOUT

'I have skills. Mad skills.'

CULINARY ARTS

Winnipegger dishes out heart, talent on MasterChef

Michelle Bailey
For Metro

In his intro video for the foodie favourite show *MasterChef Canada*, 34-year-old Winnipegger Jeremy Senaris confidently claimed, "I have skills. Mad skills."

It's clear he wasn't kidding.

Senaris, a building plan examiner who works for the City of Winnipeg, leapfrogged over 12 other home cooks vying for the title of *MasterChef Canada* and a \$100,000 cash prize. It started with his audition dish, Dynamite Roll with Spicy Mayo and Bonito Flakes.

This Sunday, the Filipino-Canadian will compete in the finale against Mary Berg from Toronto.

"I am ecstatic to hear of the news that Jeremy has made it to the finals," said Point Douglas city councillor Mike Pagtakhan.

"It takes a great deal of skill, talent and palate for great taste to make it to the finals, and obviously Jeremy has all these skill sets. Winnipeg will certainly be

with him!"

Senaris started cooking when his mother was diagnosed with cancer. After she passed away in 2008, he learned how to replicate her dishes, which were mainly Filipino. For the show, however, he took those recipes and elevated them to *MasterChef* quality.

Allan Pineda, who together with his wife Amanda, operate Baon Manila Nights, a monthly Filipino pop-up dinner series in Winnipeg. Pineda said he had the *MasterChef* finalist cooking in a recent fundraiser at Norwest Community Centre and is planning another event with him in July.

"It's crazy how far he got, and obviously we want to see him win," Pineda said.

"And it's so great his success on the show is drawing attention to the Filipino food movement."

Pineda said the fact that Senaris made it to the finale will open many doors for the budding chef, even if he doesn't win.

"Jeremy is one of those hidden gems who will be in great demand on the food scene no matter how things turn out for him Sunday."

The chance to win the *MasterChef* title will also mean a new chapter for Senaris, who has lived with his sister and her family since losing everything in a house fire in January 2015.

it's so great his success on the show is drawing attention to the Filipino food movement.

Allan Pineda

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5

THINGS TO DO WITH DAD THIS WEEKEND



**Elisha
Dacey**
Metro | Winnipeg

Forget the ties and golf shirts. Dads want experiences and to spend time with you, so here are five things you can do with your father this weekend for Father's Day.

1 Garth Brooks (all weekend)

Garth hates scalpers as much as you do, so he floods the market with shows. As a result, there are tickets for this weekend's series of concerts available on Stubhub for as little as \$10 each. Instant download, and voila! Take Dad to what is sure to be an energetic show.



GETTY IMAGES



HANDOUT

2 Goldeyes Game (all weekend)

If Dad likes things a little more laid back, the Winnipeg Goldeyes are in town all weekend playing the St. Paul Saints. Take him out to the ballgame and enjoy the crack of the bat.



HANDOUT

3 Assiniboia Downs (all weekend)

It's always a fun time on Father's Day at Assiniboia Downs, where Dads are treated like the kings of the castle and get in some heavy horse action to boot.



GETTY IMAGES

4 Red River Ex (all weekend)

If your dad is a thrill seeker, the Red River Ex launches this weekend and there's nothing scarier than some of those rides, like the Crazy Mouse.



GETTY IMAGES

5 Fishing at FortWhyte Alive (Sunday)

It's cliché, but hey, Dads love it. Fishing equipment rentals and bait are free Sunday at FortWhyte Alive.



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Punk rockers get unplugged

MUSIC

Show features acoustic and solo sets from scene veterans

Nigel Moore

For Metro | Winnipeg

Maybe your parents were right about turning that blasted music down after all.

Punk rock is more about an aesthetic than it is about style or sound, said Johannes Lodewyks of The Noble Thiefs over coffee last week.

To prove it, he and other veterans of Winnipeg's punk scene have put together an acoustic show for Friday at the West End Cultural Centre.

The Unplugged Punk Vol. 1 will feature solo sets by Lodewyks, Chris Sawatzky (The Ripperz), Joanne "J-Rod" Rodriguez (Chica Boom Boom), Ryan McConnell (The Proud Sons) and Martin LaFreniere (Clipwing).

"To me, punk rock is about

having the right attitude and the right message," said Lodewyks. "Any kid can imitate punk rock with the right gear and the right look. Any kid can go buy a Marshall stack and make your ears bleed, but it takes real punk rockers to go it alone and unplugged."

More and more artists are going acoustic these days, especially in the States. "To do it solo is kind of a terrifying thing when you're used to that safety net of loud amps and drums. Right now, I think this is where punk rock exists," he said.

Lodewyks found inspiration in Winnipeg's folk and country scene, where singer-songwriters can grow and develop. "That's a great way to breed new artists, but it doesn't really exist in the punk scene," he explained.

"This show is a way to kick-start a community and tie people together. Healthy, strong scenes breed much better bands."

Tickets are \$10 at Music Trader, Into the Music, the WECC and Ticketfly.com.



Johannes Lodewyks of The Noble Thiefs is among the local rockers performing at Friday's show. JOEY SENFT

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Government's popularity has grown

PROVINCIAL POLITICS

Conservatives have majority support right now: Poll

A poll suggests Manitoba's Progressive Conservative government is more popular now than on election day.

The survey by Mainstreet Research for Postmedia suggests the Tories have the support of 58 per cent of decided voters — up five points from the number they got in the April 19 election.

The Opposition New Democrats scored 28 per cent — up two points from the election, while the Liberals garnered eight per cent support — down seven points.

Seventeen per cent of respondents were undecided.

Mainstreet president Quito Maggi says high numbers are normal for any new government, but the level of Tory support is still impressive.

The random automated telephone survey was conducted June 9 and involved 1,227 Manitobans, on both landlines and mobile phones. It is considered accurate within plus or minus 2.8 per cent, 19 times out of 20.

The survey also gauged support for Premier Brian Pallister's job performance. Fifty-four per cent of respondents said they approved, 33 per cent disapproved and 13 per cent were not sure.

Respondents were also asked about Pallister's promise to cut the provincial sales tax by 2020 — about four years before the Tories plan to eliminate the deficit.

One in three respondents said the tax cut should be delayed until the budget is balanced, while 45 per cent said no delay is necessary.

"The financial pressures the government is facing means future budgets will have to be very creative in balancing fiscal and political pressures," Maggi said in a written statement.



Manitoba Premier Brian Pallister's poll numbers are up, as 54 per cent of those polled approve his performance. THE CANADIAN PRESS

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Subs support special forces

MILITARY

Shadowy units train together for stealthy operations

Far off the coast of Portugal, Canadian special forces soldiers vault out the back of a military Hercules transport plane with nothing but empty ocean below.

But as the troops descended under their parachute canopies, a black mass broke the ocean surface — the Canadian submarine HMCS Windsor — for a carefully choreographed ocean rendezvous.

"The submarine offers a really useful tool to be able to insert or extract from," Maj-Gen. Mike Rouleau, commander of Canadian Special Operations Forces Command, said.

This training happened last fall during an extended mission



A Chinook helicopter loaded with Special Forces for a training parachute jump. RICHARD LAUTENS/TORSTAR NEWS SERVICE

by HMCS Windsor in European waters, where the sub participated in a number of exercises with allied nations.

The daring parachute drop highlights the growing relationship between the two shadowy elements of Canada's military — special forces and the submarine fleet. More and more, Canada's four subma-

rines are exercising with special forces soldiers — at least when the subs can be put to sea. Currently, only HMCS Windsor is available but in recent days it has been sidelined in port with engine troubles.

"We're operating a lot with the SOF (special operations forces). We really like working with them. It's one of the coolest things we do ... That's movie stuff," said Lt.-Cmdr. Peter Chu, commander of HMCS Windsor.

Special forces soldiers are at the forefront of changing warfare, from large-scale confrontations to small teams training local militaries to conduct missions or carrying out those missions themselves.

Special forces soldiers have been working with the navy to hone their capabilities for maritime events such as ship hijackings, combating pirates, covert insert and extraction from coastal locations, intelligence and surveillance.

TORSTAR NEWS SERVICE

HEALTH

Kids are deprived of sleep

Almost a third of Canadian school-aged kids are sleep-deprived while most are spending too much time staring at screens, suggests an annual report on the state of children's health.

For the first time, the ParticipACTION Report Card on Physical Activity for Children and Youth looked at the amount and quality of children's sleep, and found that many are not getting enough shut-eye.

The problem seems to be too little exercise and too much screen time — a double whammy that means kids "aren't moving enough to be tired, and they may also be too tired to move," according to the study.

"Because of screens in their bedroom, because of holding their cellphone under their pillow, because they didn't move very much in that day and frankly are not fatigued, (kids) get a disrupted night's sleep," says Dr. Mark Tremblay, lead researcher for the ParticipACTION Report Card.

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Yazidi women and children, released by Daesh, arrive in Kirkuk, 290 kilometres north of Baghdad, in April 2015. THE ASSOCIATED PRESS

Near-death clause stays

ASSISTED DYING BILL

MPs reject key change, vote to send bill back to the Senate

The House of Commons bounced the assisted dying bill back into the Senate's court Thursday, rejecting an amendment that would have allowed suffering Canadians who aren't near death to get medical help to end their lives.

Appointed senators must now decide whether to stick to their guns or accept the will of the elected chamber, a choice some clearly find agonizing.

"I cannot in all good conscience simply vote down a bill that is better than having nothing at all," said Conservative Sen. Don Plett. Conservative Sen. Doug Black said the Senate did its best to improve the bill and must now defer to the will of the Commons.

But others were adamant that without the primary amendment — which would have deleted the bill's proviso that medical assistance in dying be available only to

PRICKLY ISSUES

Prison watchdog wants answers from authorities

A Belgian man three decades into a life sentence for rape and murder wanted doctors to help him die — and he nearly got his wish. The case underscores some of the prickly issues Canadian corrections authorities may have to tackle with the legalization of medically assisted dying.

those whose natural death is "reasonably foreseeable" — the bill doesn't comply with the charter of rights or with last year's landmark Supreme Court ruling, which struck down the ban on assisted dying.

The Senate scrapped the foreseeable death requirement during two weeks of lengthy debate in the upper house before passing the bill with seven amendments late Wednesday by a vote of 64-12, with one abstention.

THE CANADIAN PRESS

ALBERTA

Man killed in clinic stabbing in Calgary

Police say a stabbing at a Calgary medical clinic in which a man was killed appears to be domestic in nature but they aren't saying what may have led to the attack.

Officers who arrived at the Perpetual Wellness Chinese Medicine Centre also found two other people with non-life-threatening injuries.

A woman was taken to hos-

SYRIAN CRISIS

Dion accepts genocide label for Yazidis

Two days after the Liberals voted down a Conservative motion to accuse Daesh of genocide, Foreign Affairs Minister Stephane Dion acknowledged the group is engaged in precisely that against the Yazidis.

Dion said Thursday he accepts the findings of the report of an independent, UN-mandated commission which says Daesh has committed genocide against the ethnically Kurdish minority group.

"We are taking the lead in

asking the Security Council to be sure that they will prosecute the perpetrators of these atrocities and investigate in order to understand what is happening on the ground," Dion told the Commons.

Conservative Jason Kenney, who has spent weeks urging the government to put the genocide label on Daesh, says Dion is missing the larger picture by focusing only on the Yazidis.

"This genocide affects more than the Yazidis," Kenney said.

In debating and then defeating the Tory genocide motion on Tuesday, the government said politicians should shy away from declarations of such magnitude.

"Determinations of genocide need to be made in an objective, responsible way," Prime Minister Justin Trudeau said during the debate. "That is exactly what we have formally requested the international authorities weigh in on."

The report issued Thursday

seems to fit that bill, although it deals specifically with the Yazidis. "Genocide has occurred and is ongoing," Paulo Sergio Pinheiro, chair of the Independent International Commission of Inquiry on Syria, said in the report.

The report focused on violations committed against Yazidis inside Syria, where it found that thousands of women and girls are still being held captive and abused, often as slaves.

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U.K. shocked after killing of lawmaker

PARLIAMENT

Attacker stabs, shoots pro-EU MP Jo Cox

A British lawmaker who campaigned for the country to stay in the European Union was killed Thursday by a gun- and knife-wielding attacker in her small-town constituency, a tragedy that brought the country's fierce, divisive referendum campaign to a shocked standstill.

Jo Cox, a 41-year-old Labour Party legislator who praised the contribution of immigrants to Britain and championed the cause of war-scarred Syrian refugees, was attacked outside a library in Birstall, northern England, after a regular meeting with constituents. Police would not speculate on the attacker's motive.

Witnesses described a man shooting Cox several times and appearing also to stab her as she



Jo Cox championed the cause of Syrian refugees in the U.K.

AFP/GETTY IMAGES

lay on the pavement. Police said they had arrested a 52-year-old man and were not looking for anyone else.

"Our working presumption ... is that this is a lone incident," said Dee Collins, acting chief constable of West Yorkshire Police.

British security officials said

the shooting didn't appear to be related to international terrorism, but domestic terrorism has not been ruled out.

Residents identified the suspect to the BBC and other media as Birstall resident Tommy Mair. Neighbours said Mair was a quiet man who did gardening jobs for

“We have lost a great star.”

British PM David Cameron

local people.

Violence against British politicians has been rare since Northern Ireland's late-1990s peace agreement, and figures from all parts of the political spectrum expressed deep shock.

Cox is the first serving member of Parliament to be killed in a quarter-century, and British politicians of all stripes expressed deep shock.

Both the Vote Leave and Britain Stronger in Europe campaigns suspended activity ahead of next week's vote over whether Britain should remain a part of the 28-member bloc. Prime Minister David Cameron cancelled a speech and rally in Gibraltar and flags on British government buildings were lowered to half-staff. THE ASSOCIATED PRESS

ORLANDO SHOOTING

President Obama offers support, but no answers

U.S. President Barack Obama brought words of comfort but no easy answers on Thursday to grieving families in Orlando, striving to help the community heal even while investigators were still struggling to make sense of the carnage at a gay nightclub.

As Orlando prepared to bury its first victims from the mass shooting, Obama and Vice-President Joe Biden spent hours meeting privately with survivors of the attack, victims' relatives and police officers who responded to the scene on Sunday, when 49 people were killed. The low-key visit reflected the challenge for the president to find something meaningful to say about an attack that has stoked

a wide mix of fears about terrorism, guns and violence against gays.

Obama's call for solidarity and empathy stood in contrast to the roiling political debate in Washington and the campaign trail that has sprung up since the attack. Arizona Sen. John McCain, a Republican and frequent Obama critic, accused the president of being "directly responsible" for the shooting because, he said, Obama had allowed the growth of Daesh on his watch.

Investigators were working to reconstruct the movements of the 20-year-old shooter before he opened fire at the Pulse dance club, including what his wife may have known about the attack. THE ASSOCIATED PRESS

FLORIDA

Charges unlikely for parents of boy killed by alligator

A sheriff said charges are unlikely against a Nebraska couple after an alligator killed their two-year-old son at a Walt Disney World beach. Orange County Sheriff Jerry Demings said

Wednesday there was no indication Matt and Melissa Graves of suburban Omaha, Nebraska, committed any crime that contributed to the reptile grabbing their son, Lane Graves.

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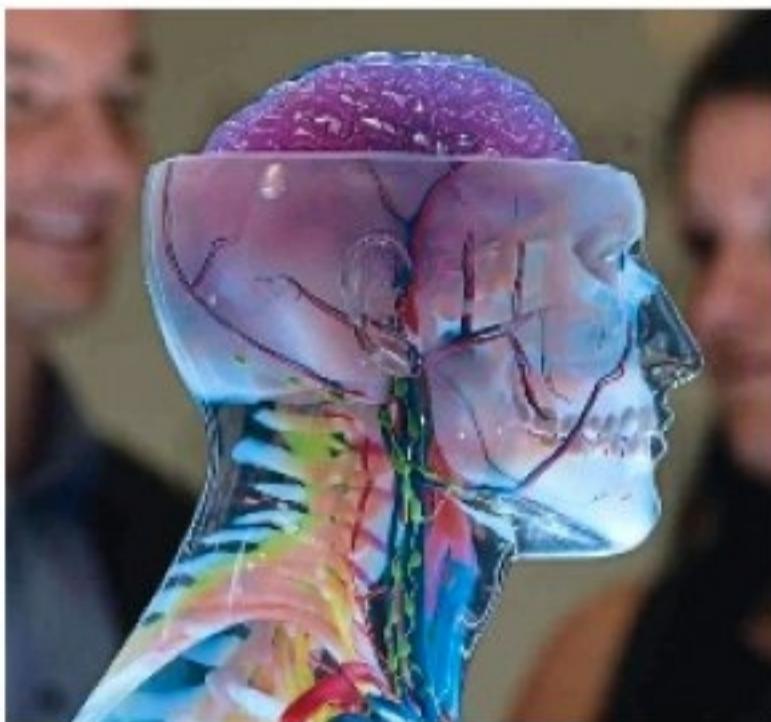
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Credit fight affects you

CREDIT

Visa, Walmart in a dispute over merchant fees

Why did Visa take out newspaper ads about Walmart on Wednesday?

Visa and Walmart are in a battle over credit card fees charged to merchants. Walmart wants a better deal from Visa. Visa said it offered a lower rate, but Walmart wants an even deeper discount. Visa claims Walmart is asking for a rate lower than the one paid by charities and schools.

How many customers are affected by this?

Visa is the biggest credit card company in Canada, with 54 million cards issued, according to Rob Livingston, president of Visa Canada.

Also, the phase-out of Visa cards at Walmart is scheduled to begin in Thunder Bay in July, not in the GTA, which is the largest retail market in the country. So there is still time for the parties to go back to the table and hammer out an agreement.

Why is this happening in Canada?

In Canada, Visa and Mastercard charge merchants fees that are as much as five times higher than fees charged in dozens of other countries, including those in Europe and Australia. In some cases, governments have stepped in to regulate lower fees. In other cases, government regulators similar to the Competition Bureau have set caps on fees.

The fee in Australia is 0.5 per

cent, according to Karl Littler, vice president, public affairs, Retail Council of Canada (RCC). In many European countries, it's 0.3 per cent.

Canadian retailers pay about \$5-billion a year in credit card fees, according to the Council.

Why do the credit card companies charge so much more in Canada?

Visa's Livingston says Canada has one of the most developed and secure digital payment sectors in the world, due to the investments credit card companies have been able to make using the proceeds from fees. That includes tap-and-go services and systems that reduce the need for less secure payment methods.

Walmart wants a better deal. Do other big retailers get preferential treatment?

Yes. Although the terms of the exclusive deal between MasterCard and Costco in Canada are not public, Sands believes it could be as low as zero per cent, with MasterCard benefiting in other ways — increased use, more customers (who use the card outside of Costco, too) and publicity when Costco promotes the card.

So if the fees go down, will consumers benefit?

Perhaps, but only marginally. There is no independent study in Canada that has looked at whether retailers keep the difference or pass it on to consumers. Walmart is promising to pass it on to consumers, but while the overall savings to Walmart could be huge, it will mean pennies to consumers on most individual purchases.

TORSTAR NEWS SERVICE

MUSIC

Jimmy Page climbs a stairway to court

The estate of Spirit's late guitarist, Randy Wolfe, also known as Randy California, contends the famous descending-chord progression that softly begins the crescendo-building "Stairway" was lifted from Wolfe's, "Taurus," which was released a few years earlier.

Led Zeppelin has settled several similar copyright disputes over hit songs, though "Stairway to Heaven" has generated hundreds of millions of dollars over the years and could provide a

windfall if Wolfe's estate prevails.

Page claimed he didn't even know he owned Spirit's self-titled first album until a son-in-law told him comparisons between the tunes were popping up online and he unearthed it in his collection of 10,000 records and CDs. He said he only knew "Fresh Garbage" from hearing it on the radio.

"Something like that would stick in my mind," Page told the eight jurors in Los Angeles federal court. "It was totally alien

to me."

Attorney Steven Weinberg, a music copyright lawyer who is watching the case but not involved in it, said he found Page charming, confident and well prepared, though not entirely credible in his denial of ever hearing Spirit's first album. The use of "Fresh Garbage" in the band's earliest days lends credibility to the idea that Page and singer Robert Plant liked the band enough to probably know more of its work. THE ASSOCIATED PRESS



Jimmy Page TORSTAR NEWS SERVICE

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BRAINY BIRDS
A University of Cambridge study found 28 songbird species with greater neural capacity for higher learning than mammals with similar brain sizes.

DECODED When athletes exult

THE NEUROCHEMISTRY OF WINNING

Soccer's European Championship, the biggest tournament outside of the World Cup, is underway. Already, the participating footballers have been fed heaping helpings of both the ecstasy of victory and the agony of defeat, in (roughly) equal measure. Because we like to keep things positive here, we wanted to concentrate on the victory part: **Here's what's floating around in athletes' brains when they win.**



First of all, the compulsory disclaimer, as with matters psychophysiological, is that there's PLENTY that science freely admits it flat-out does not understand. Consider yourselves disclaimed. Chief among what is known is that, irrespective of social, physical or mental causes, the sensation of pleasure originates in the brain, where **neurons** (a.k.a. brain cells) talk to each other via the release of chemicals. The most important pleasure-synthesizing neurochemicals, and the most relevant to the thrill of athletic victory, are **dopamine**, which is associated with the pleasure of motivation and the realization of sought-after rewards; **epinephrine** (a.k.a. adrenalin) which causes increased heart rate, blood pressure, and the "adrenalin rush" we feel in high-pressure situations such as world-stage soccer matches; and **endorphins**, the brain's own homebrew morphine, which produce opiate-like pleasure, and have been associated with the so-called "runner's high" that sometimes accompanies strenuous exercise.

GRAPHICS: ANDRÉS PLANA/METRO



GUEST CITIZEN SCIENTIST by Paul Sokoloff

How can I prepare at home for life on Mars?

I just saw *The Martian* on Blu-ray. Everyone tells me that the science in the movie checks out, but what if I want to see for myself? Can I do Martian botany experiments on earth?
— Guy, Ottawa

Aspiring Martian farmers will be happy to hear that we should be able to grow crops on the Red Planet, though it has no soil, which is created over time through biological activity. The red dust covering Mars is called regolith.

While you can't find real Martian regolith at the space-garden centre (we've yet to return samples from Mars), data sent back from landers and rovers have let scientists develop regolith simulants, Earthbound materials that mimic the colour, texture and physical properties of the real thing. While engineers may use this regolith to test rover wheels and dustproof electronics, botanists can use it to science the s-t out of some plants, and have already tried growing everything from algae to carrots in it.

These simulants are most often made from crushed and sterilized volcanic rocks. The most commonly used material comes from the slopes of Mauna Kea, Hawaii. Quarried by Orbitec Ltd., this JSC Mars-1A simulant, at \$25 USD per 2 lbs, would be your best bet for simulating Mars at home. You would need fertilizer, though, as plants need nutrients missing from Martian regolith to grow. Just do not, I repeat, DO NOT, try using human waste like Mark Watney.

Still, when the first Astronauts

get to Mars, it's unlikely they'll start farming with regolith right away. Soil-free hydroponics would provide plenty of fresh produce, and would prevent possible contamination of the planet as we search for signs of extraterrestrial life.

Paul Sokoloff is a botanist at the Canadian Museum of Nature, and a former crew-member at the Mars Desert Research Station in Utah.

Science Question?
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metrowEEKEND

Your essential daily news

MOVIES MUSIC TELEVISION DIGITAL



The followup to *Finding Nemo* should do well at the box office thanks to great storytelling and production values, Richard Crouse argues. CONTRIBUTED

Finding Dory cures Sequelitis

IN FOCUS

Pixar makes good in a summer full of so-so sequels

Richard Crouse
For Metro Canada

Thank you, Pixar.

Years ago my now-wife and I went to see a particularly grim horror movie. Despite "watching" the entire film through her fingers, as though she could shield her face from the gallons

of blood 'n guts on display, the creepfest jangled her nerves so badly we had to go see *Finding Nemo* directly afterwards as a palate cleanser.

Marlin (Albert Brooks) and Dory's (Ellen Degeneres) underwater road trip to find Marlin's lost son Nemo, coupled with gorgeous animation and warm-hearted humour, calmed her and because of Pixar there were no bad dreams that night.

Roger Ebert called the family classic "a delight," and parents snapped up so many of them it became the best-selling DVD ever.

Disney is clearly hoping those good feelings have lingered over the 13 years since *Nemo* first

MOVIE RATINGS by Richard Crouse

Finding Dory	★★★
Genius	★★
De Palma	★★★
Raiders! The Story of the Greatest Fan Film Ever Made	★★★

HOW RATING WORKS
★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

made a splash. This weekend *Finding Dory* enters a crowded summer season, one already stuffed to the gills with sequels, reboots and reimaginings.

The original cast return (save for Alexander Gould who aged out of voicing Nemo) along with Idris Elba, Diane Keaton and Kate McKinnon. Will that be enough

to mine gold when recent sequels have come up empty?

Hollywood wisdom says audiences want familiarity, characters and brands they already know and love, but this year moviegoers have rejected repackaged ideas. *Zoolander 2*, *Ride Along 2*, *Neighbors 2: Sorority Rising*, *The Huntsman: Winter's War*,

Alice Through the Looking Glass, *X-Men: Apocalypse* and *TMNT: Out of the Shadows* all underperformed in what the Hollywood Reporter is calling the Summer of Sequelitis.

For the record, I think *Finding Dory* will do just fine. Not just because Pixar is the gold standard in animation or because it has a story audiences will connect with but because it's good.

Do I think moviegoers are suffering from Sequelitis? No. Many of this year's sequels have stalled because they weren't very good. The best thing about *Zoolander 2* is that it was so unfunny it's hard to imagine Ben Stiller and Company making a third.

Perhaps the dip in box-office returns for cinematic re-treads is just what Hollywood needs and they'll realize a constant diet of movies with numbers and colons in the title — or worse, both, as in *Neighbors 2: Sorority Rising* — is not as appetizing to audiences as they think.

Executives are scared. *Pitch Perfect 3*, the planned follow-up to the \$287.5 million grossing *Pitch Perfect 2*, has been delayed while Universal waits to see whether the sequel slump is a passing phase. In the meantime, expect more than one sequel-crazed studio suit to say, "Thank you Pixar," when *Finding Dory* reels in the top spot.

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Reviewing Dory with dad



The kids agree: Hank the Squid (voiced by Ed O'Neill) is a favourite character. CONTRIBUTED

PERSONAL ESSAY

Metro writer asks his sons to deliver verdict on film

Chris Alexander
For Metro Canada



It is this writer's opinion that when a film critic is charged with reviewing a children's movie, it always helps if, y'know, he or she brings a child with them.

It should be essential, in fact. Because without the eyes of a kidlet beside you, without watching them watch the movie, how else can you properly appreciate and evaluate a work designed to please that very demographic?

So, on that note, I took two of my own little movie-mad lads (the apple

don't fall far when it comes to loving cinema) with me to the preview screening of Disney Pixar's latest animated effort, *Finding Dory*, the highly buzzed follow-up to 2003's *Finding Nemo*, which takes an essential supporting character from the original picture, little forgetful fish Dory (voiced beautifully by Ellen DeGeneres) and gives her her own epic under sea adventure.

Finding Dory fleshes out, in flashback, Dory's tragicomic backstory, with her parents Charlie (Eugene Levy, who was in fact present at the screening) and Jenny (Diane Keaton) trying to train the blue fish to defy her unfortunate short term memory affliction so she'll be able to live a happy, productive life.

When Dory mysteriously finds herself separated from her loving mom and dad, events from the first movie bleed into the story and soon, Dory is living with Nemo and his dad Marlon (Albert Brooks). But

when Dory suddenly begins to get flashes of memory of her long lost family, she and her friends launch a crusade to find them, an adventure that is by turns hilarious and moving and always immaculately realized, especially in lush 3D.

After the show, little Elliot (who is seven), Ben (who is five years old), and I shared our thoughts on the film.

The family review team, from left, Elliot, Chris and Ben.

CHRIS ALEXANDER



It made me sad sometimes but also happy
Ben, 5

THREE TAKES

Elliot, 7
For Metro Canada

I liked it better than *Finding Nemo*. It was funny and also really exciting. I really loved Hank the Squid (Ed O'Neill), because he's kind of a jerk at first but then he starts to care about Dory and helps her. I also liked how Nemo and his dad were in it again, helping Dory this time like she helped them in part one. I thought the part where Dory was lost and upset at the end was kind of scary, though.

Ben, 5
For Metro Canada

It was beautiful. It was kind of like (Tomm Moore's haunting animated film) *Song of the Sea* (which is Ben's favorite movie) because of the pretty music and it made me miss my mommy and made me sad sometimes but also happy. I really liked Hank the Squid and the funny whale shark Destiny and the way she kept bumping into things and talking to Dory in Whale language.

Dad's review

The boys are right. *Finding Dory* is ample funny and action-packed but it's also incredibly emotional, with a dark, haunting sequence towards the end that made me tear up and hold the lads close. And, as is the norm with Pixar, there's plenty of subtext here for the adults. The film is an allegory about special needs children and the things they can accomplish when they are loved and encouraged by their family and peers. It's the perfect family film, enriching and expanding the world directors Andrew Stanton and Lee Unkrich developed in the first movie.



Something seems fishy.

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De Palma doc refreshingly insightful

TRIBUTE

Jake Paltrow turns his obsession into full length film

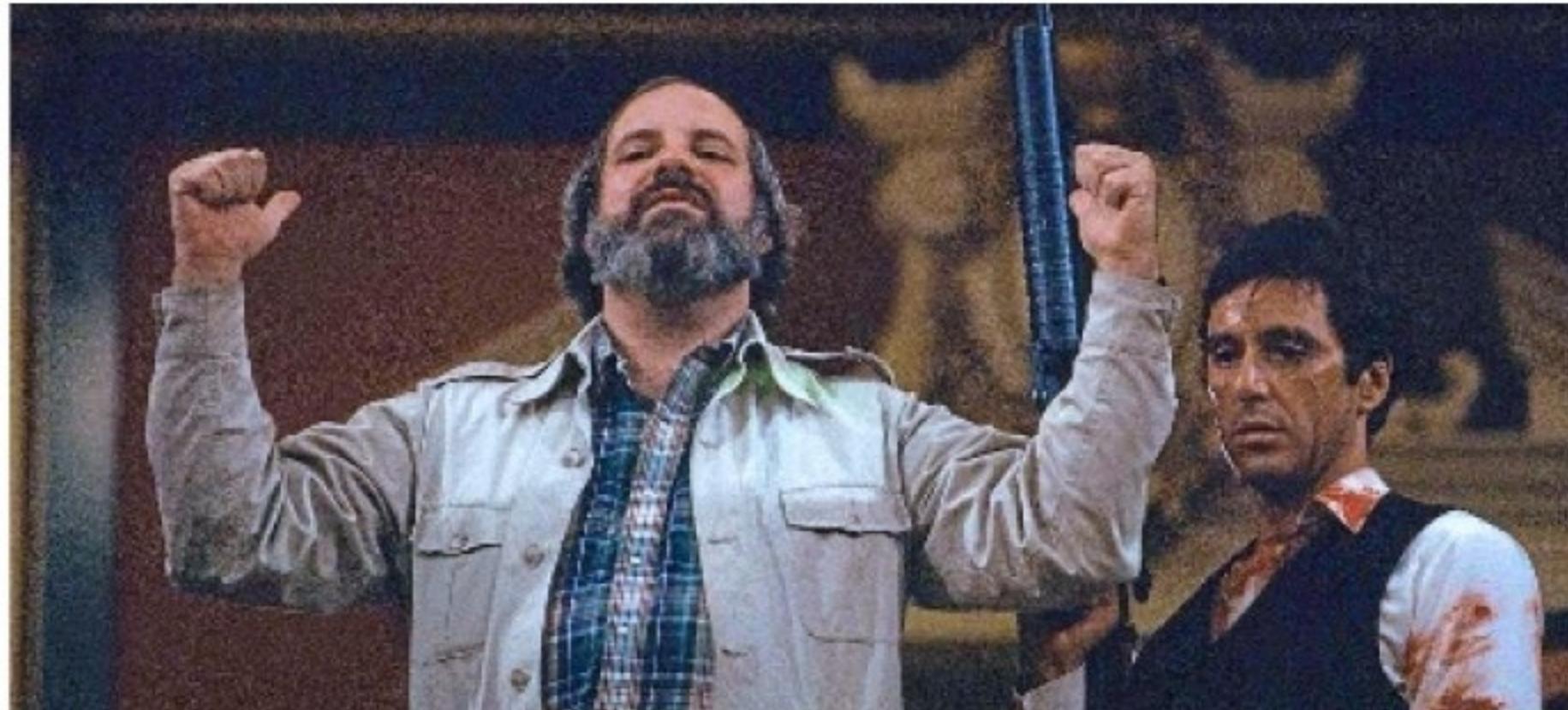
Richard Crouse
For Metro Canada

From Scarface to Mission: Impossible to the horror classic Carrie, Brian De Palma's movies have been endlessly entertaining and entirely diverse.

But as iconoclastic as the 75-year-old filmmaker has been, he's somehow played in the shadows of such contemporaries as Steven Spielberg and Martin Scorsese and his influence has gone largely uncelebrated — until now.

In fact, filmmaker Jake Paltrow thought the iconic auteur was so deserving of a tribute that he paired up with Noah Baumbach (Frances Ha) to turn out the eponymous documentary De Palma.

"I was obsessed with Brian as a teenager," admitted Paltrow dur-



Scarface director Brian De Palma offers his unguarded insights on Hollywood in Jake Paltrow's new documentary **De Palma**.

CONTRIBUTED

ing a recent stop in Toronto. "But even more than being a fan, (the film) grew out of our friendship with him."

Early in his filmmaking career, Paltrow (younger sibling to Gwyneth Paltrow) befriended De Palma who not only supplied sage advice to the young director,

but also began meeting him on a regular basis — an event which soon spurned the notion to capture the filmmaker on-camera reminiscing his half-century in showbiz.

"We were always really approaching it like a director talking about his movies, how he

made them and the ups-and-downs of the movie business," said Paltrow, who admits they also never really entertained the idea of featuring others talking about De Palma for the doc.

"Because it's coming from this thing of friendship and as a gigantic fan of these movies, it

didn't need any other voices really," said Paltrow of the choice to feature interviews solely with the divisive director himself. "Also if you want other opinions about Brian, there are no shortage of things out there."

In the end, Paltrow and Baumbach crafted a simple "director's



“

He doesn't soft pedal anything

Jake Paltrow on Brian De Palma

journey" and one that is mutually exclusive to the so-called bad boy of New Hollywood. More so, Paltrow is hoping he's captured some of the most refreshingly honest insights about Hollywood over the past 50 years.

"He doesn't soft pedal anything (and) I think in a lot of ways, that's why we wanted to make a movie about Brian," stated Paltrow.

"He's unguarded in all these sorts of ways and he's so articulate and he's experienced so much — what else is the basis of drama?"

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Ark de triumph: Fans remake classic

DOCUMENTARY

The childhood friends who bravely remade Indiana Jones

Richard Crouse
For Metro Canada

"We didn't know what we were getting into," says Eric Zala.

Zala, along with Chris Stompolos and Jayson Lamb, spent much of the 1980s, their entire teen years, making a shot-for-shot remake of Raiders of the Lost Ark complete with special effects, car chases and melting heads. Ambitious in the extreme, they stopped at nothing to translate their vision to the screen, almost burning down a family home in the pursuit of their DIY dream.

"You can be surprised at what you accomplish," says Zala. "As adults you have awareness of your limitations, real or perceived. That was one thing we had on our side when we embarked on this as kids. We didn't know what we were trying to do was impossible. It's a damn good thing because we would have been scared to death."

A new documentary called Raiders! The Story of the Greatest Fan Film Ever Made uses the original home movie as a basis to pick up the story decades after the trio abandoned the project. Zala and Stompolos are front and center to tell the tale of the obsession as they, now as 30-somethings, try and finish the movie by shooting the one scene that

eluded them as children, the exploding airplane sequence. The historical context was interesting and everything was just perfect. This larger than life character just kind of blew my mind. For me I wanted to create a playground for myself and see what it would be like to have those experiences."

Enthusiasm and chutzpah go a long way, especially when they aren't tainted by cynicism. The love of Raiders these fans — both as kids and adults — share is pure and respectful and their passion bleeds through the screen.

"We finished it in '89 and would have loved for Spielberg to see it but that was a pipe dream," says Zala. "We certainly didn't anticipate any kind of fan film movement back then. As far as we knew we were alone in the world. Come to find out, we weren't."

Lots of kids played Indiana Jones in their backyard. We just took it a little further. None of this was supposed to happen,

For our generation I don't think we had ever seen such a perfectly crafted mythologically aligned hero.

Raiders co-creator Chris Stompolos



Inset: Eric Zala and the explosions expert rejoice at a successful scene in Raiders! **Above:** The airplane explodes for the final scene in the documentary's version of the famous final scene.

DRAFTHOUSE FILMS

we just did it for ourselves."

"Eric and I pushed it over the finish line and stayed true to the pure vision," says Stompolos, "because we simply love the movie."

or this pair of fan filmmakers Raiders of the

Lost Ark isn't just a childhood fixation. Both have seen it recently, thirty-five years after Zala says it, "split my brain open."

"It took our breath away," Stompolos says of his recent viewing. "Even now there is

so much detail. We caught so many new things. I can still watch the film and love it. I don't ever get tired of it. The thing that amazes me to this day is that no matter how many times we've seen it, it still has secrets to give."



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Blair Brown sentenced to new role on Netflix



Blair Brown plays Judy King, a celebrity chef nailed for tax evasion in Netflix's *Orange is the New Black*. The fourth season of the popular series will be available for viewing on Friday. JOJO WHILDEN/NETFLIX VIA AP

INTERVIEW

Excited to join cast of inmates on *Orange is the New Black*

On last season's finale of *Orange is the New Black*, Judy King, nailed for tax evasion, arrived at Litchfield Penitentiary to surrender. But she found no one at the front desk to receive her.

Judy had a fit. A big-time TV chef, she wasn't used to being made to wait.

With Netflix's release of the entire 13-episode fourth season on Friday, viewers will find Judy has subsequently gotten a warm welcome at Litchfield from many of her fellow female inmates (she's a TV star!). And from the warden, too, who handles her with kid gloves: He worries that, if anything ugly should befall her, bad publicity or even a lawsuit would result.

Suffice it to say that Judy will help make this *Orange* season cook as Blair Brown joins the cast of this prison comedy-drama for an exploration of fame compelled to coexist with hoi polloi.

In a recent interview, Brown takes pains to say Judy King isn't meant to be a Martha Stewart knockoff, although the similarities (including their mutual incarceration) are obvious. But so is the nod to down-South culinary Paula Deen, as evidenced

by Judy's luxurious drawl.

"Judy's Southern all right," says Brown. "She's also very outgoing, very friendly, and a complete egotist in the sense that whatever is good for her, she figures is very good for you. She is a survivor, and her attitude in being in prison is, she just wants to get this done."

In the process, she rises to the occasion. Here, as with most places, she loves the spotlight.

"It's interesting to come into this story playing a privileged person," Brown says. "There are a lot of feelings both on the administrative side and the inmate side as to what that means, and why that is."

Recent TV appearances include a recurring role last season on *Limitless*, and before that as the steely corporate boss on the Fox sci-fi series *Fringe*.

And, of course, there's her celebrated run as the title character of *The Days and Nights of Molly Dodd*, which, though not a smash hit, helped change TV.

Brown says she has been an *Orange* fan since its inception.

"When it first started, I thought, 'Is there any room for me on this?' But I decided they had plenty of people, with enough stories to tell."

"Then I got the call to play Judy," she smiles, "and the character was easy, because she came

Premiering on NBC in May 1987, Molly Dodd centred on a mid-30s divorcee living in New York who, by turns, was a free spirit and a Yuppie hewing to no clear professional or romantic path.

While many viewers loved this new form, many more didn't get it. Nor would some of them accept Molly: She was a bit too liberated, too unpredictable, too complex.

For Brown, it was all a much simpler experience.

"It just seemed so easy," she recalls. "We told these little half-hour stories. We didn't have a laugh track and we didn't have to go for big yucks. We thought, 'Let's just have a person who lives her life. What would that be like?' And that, of course, is what some people loved. But other people hated it."

The series helped stake out a genre dubbed "dramedy," a form that greatly stretched the possibilities of the strictly comic half-hour sitcom as well as the strictly dramatic hour-long dramas of that day. Without Molly Dodd, it's possible that *Orange* would never have happened.

"Many, many years later, I'm back in Queens, at the same studio, doing another show that's funny when it wants to be funny, serious and scary when it wants to be serious and scary," says Brown. "It's a very similar idea. It's just about people. And you don't have to blow anything up." THE ASSOCIATED PRESS

The character was easy, because she came in wondering how does all this work? So did I. All the stuff I'm trying to find out as a new cast member works hand-in-hand with Judy's journey.

Actress Blair Brown

Brown, 69, is a veteran actress with a wide range of roles whose only commonality may be her signature red hair and luminous smile.

Her film work includes a trio of major releases within two years (1980-81): *One-Trick Pony*, *Altered States* and *Continental Divide*. Her many theatre credits include a Tony Award-winning turn in the play *Copenhagen*.

in wondering how does all this work? So did I. All the stuff I'm trying to find out as a new cast member works hand-in-hand with Judy's journey. So that's been a happy coincidence."

Another happy coincidence: The role has brought her back to Kaufman Astoria Studios, the Queens, New York, production centre where Molly Dodd was shot three decades ago.

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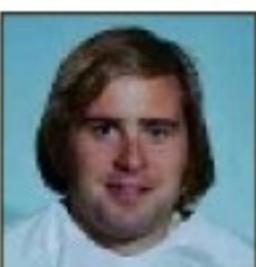
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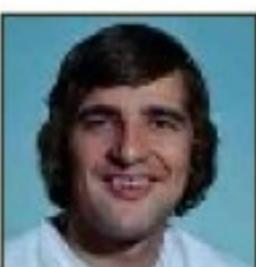
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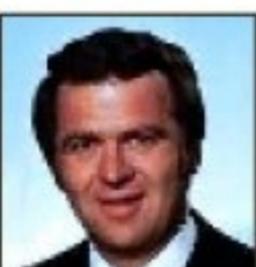
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INTERVIEW

DeGeneres keeps swimming

Finding Dory isn't just about a little blue fish looking for a home. The long-awaited sequel to Finding Nemo also reflects the journey of the woman behind the gills, Ellen DeGeneres.

Like Dory, DeGeneres had been feeling a little lost 13 years ago, when she first voiced the happy little fish with short-term memory issues. DeGeneres had publicly come out as gay a few years earlier, and had the title character on her namesake sitcom do the same.

It was a cultural flash point; then the show was cancelled. About the same time, DeGeneres' three-year relationship with Anne Heche suffered a painful ending.

"For a while, I didn't imagine that I would have anything again," DeGeneres said in a recent interview, her blue eyes bright and direct. "So then I just kept swimming."

She returned to the standup circuit and started over. Soon, DeGeneres was launching her daytime talk show.

"Just keep swimming" is Dory's motto. The little fish may not always know where she is or what she's doing there, but she can keep moving forward.



Ellen DeGeneres.
THE ASSOCIATED PRESS

"It was weird that (writer-director Andrew Stanton) was writing that at the same time that I was really wondering what was going to happen to me," DeGeneres said.

Now her Emmy-winning show is in its 13th season. She's a CoverGirl spokeswoman; she hosted the Oscars, Emmys and Grammys twice each; and introduced her own lifestyle brand,



I love being able to express myself in different ways.

Ellen DeGeneres

ED, last year. Everyone knows what happened to DeGeneres: she became an A-list star.

She had been lobbying on her talk show for a sequel to Nemo for years.

Finding Dory introduces the blue tang fish as a baby, long before she meets her clownfish pals Marlin and Nemo. Little Dory's doting parents are helping their daughter develop skills for dealing with her memory troubles when an undertow whisks her out to sea. Dory quickly forgets why she's in the open ocean, and just keeps swimming until she makes new friends.

Along the way, she discovers that what she thought were liabilities are actually strengths. Her spontaneous way of approaching challenges inspires her fish friends to ask themselves, "What would Dory do?"

The role represents DeGeneres' first major acting gig since Nemo.

In a scene where Dory cries, DeGeneres says she shed real tears.

"I love being able to express myself in different ways and be emotional and not just be funny all the time," she said.

THE ASSOCIATED PRESS

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metro

Ticket bot battles a pain in the Hip

TICKETING

Online scalping systems prove tragically tough to work around

"I'm angry — I'm sure a lot of scalpers are making money off of the love that people have for the Tragically Hip," said Shawn Hayward from Montreal. "I don't think that's right."

Hayward said he's frustrated that scalpers appear to be using sophisticated software called "ticket bots" that scoop up large quantities of tickets at a time.

Jeff McFayden, who's seen the Hip perform 15-20 times, said he feels "shut out" of their last tour: "When you hear about these bots ... it's ridiculous."

Each time a new round of Hip tickets was released online for their upcoming summer tour, they were sold out in a flash, leaving fans with unanswered questions:

How many seats were up for sale? How many were available to the general public? Why does it appear so easy for scalpers to get seats? And what measures have



While so many fans want to farewell The Tragically Hip, left to right, Gord Sinclair, Paul Langlois, Gord Downie, Johnny Fay and Rob Baker, many have been left frustrated over and over as buying tickets proved fruitless. CLEMENS RIKKEN/THE CANADIAN PRESS

the band and its ticket vendor, Ticketmaster, taken to prevent scalping?

Torstar has asked those questions repeatedly of the Hip's promoter, Live Nation, and the band's management company, Eggplant Entertainment, and its vendor, Ticketmaster.

So far, no company will say what it has done — if anything — to block "bot" technology from scooping up tickets for the Hip's Man, Machine, Poem tour.

Nor will anyone say how many tickets for the now-sold-out shows were actually offered for sale to the general public to

begin with. Carrie Davis, chief communications officer for Live Nation, referred questions about ticket sales to Live Nation's subsidiary, Ticketmaster.

Reached by email, Ticketmaster spokesperson Catherine Martin declined to speak on the record. Instead, she directed to

previously published news stories about other tours in lieu of an official statement regarding Hip ticket scalping.

There are many reasons why fans had trouble getting tickets, from these so-called "ticket bots" to a demand that greatly outpaces supply. Although no one told us how many tickets were on sale for the whole tour, venue capacity suggests that only about 300,000 people could attend.

Only about half of available tickets are ever released to the general public, a recent report from the New York attorney general's office found, with the other half being earmarked for industry insiders and special pre-sales.

Many of those tickets held back from the general public wind up in the hands of scalpers, the report found.

"Nobody knows how many tickets are in the market," Pascal Courte, an economist at the University of Victoria who studies scalping, has said. "I think artists should be honest."

Ticketmaster would not say how many tickets were made available to the general public. It directed us to tour promoter Live Nation and the band. Once again, Live Nation told us to talk

to Ticketmaster.

Eggplant Entertainment, which is run by Patrick Sambrook and Michael Schipper according to documents filed with the province, did not respond.

This is not to say that the Hip's team did nothing for fans. The band has tried to accommodate the "overwhelming demand" by adding tour dates and redesigning the stage to add more seats to venues.

For the most recent crop of tickets released Tuesday, the Hip limited the number of tickets that could be purchased at one time to just two per order.

But the team remains silent on what steps were taken to block ticket bots. We asked Eggplant and Live Nation what they did specifically to prevent scalping. Live Nation's Davis declined to comment. Again, Eggplant never responded.

For its part, Ticketmaster has come out against ticket bots in the past and has supported anti-bot legislation.

In an interview in May with tech blog Recode, Live Nation CEO Michael Rapino said 90 per cent of purchases during the first few minutes of a hot sale are bots.

TORSTAR NEWS SERVICE



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The Humble Administrator's Garden in Old Town is filled with Bonsai trees, ancient bridges and droopy willows. ALL PHOTOS JENNIFER WEATHERHEAD HARRINGTON

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THREE DAYS

With canals and romance, this city is the Venice of China

Jennifer Weatherhead Harrington
For Metro Canada

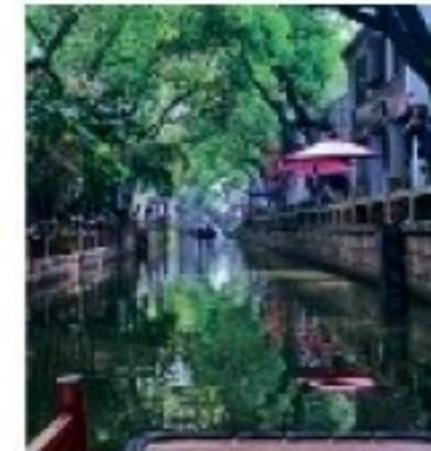
If you find yourself in Shanghai looking to escape the hustle, just two hours away by car is the romantic city of Suzhou, with stunning canals, gardens and temples.

Start by dropping your bags at Jinji Lake Grand Hotel, a swanky spot in the trendy, industrial part of Suzhou.

Next, drive into Old Town to visit Humble Administrator's Garden, Suzhou's largest, most famed garden.

Built in 1509, the perfectly manicured Bonsai trees, droopy willows, ancient bridges, canals and ponds lend it an ethereal beauty. Drop by the nearby Suzhou Museum for a quick stroll before indulging in noodles at Tong De Xing Noodle restaurant.

Walk off your feast on historic Pingjiang Road, hunting for



No trip to Suzhou is complete without a canal ride.

locally made textiles in the silk capital of the world before taking in a traditional show at Kun Opera where performers sing about love and heartache while you sip on freshly brewed tea.

You can't be in the Venice of China without taking a canal ride. Request an early-morning wakeup on Day 2 and bus or taxi to the area of Tongli. Hire a gondola and spend the afternoon cruising the calm waters.

Afterwards, cross over the famous Taiping, Jili and Changqing archway bridges and, as legend has it, you'll be granted good luck for your future wedding. Then walk the water's edge, populated with shops and casual food options for lunch.

Freshly made dumplings are seemingly at every second stand and you'll smell the traditional "Stinky Tofu" dish as you wander — if you're brave, give the fermented fave a try.

A dinner at intimate vegetarian restaurant Xi Shan Tang allows you to explore the local cuisine options outside of noodles and tofu. Be sure to book well in advance as they are reservation only.

Day three's journey should be to Tiger Hill. The impressive Bonsai tree garden boasts hundreds of the trees, including one that's more than 400 years old. Then make your way to the 1,000-year-old Tiger Hill Pagoda Huqiu Tower, which is older than the Leaning Tower of Pisa and features an even more dramatic lean.

A stop on your way back to the hotel at a traditional tea plantation and tea house to learn the art of Biluochun, or green, tea making will give you a new appreciation for the much-loved drink.

End your weekend with a meal at the ultra luxe Lamborghini Hotel. The set French menu of pan-roasted lobster, foie gras and truffle mushroom soup will cost you, but the splurge is worth it.

MONTEVIDEO, URUGUAY

Seaside strolls and so much steak

Uruguay's capital city, Montevideo, may not be as well-known to international travellers as some of Latin America's other destinations. But there's plenty here to see and do, and it's a relatively short hop and worthy side trip from Buenos Aires.

Laid-back and friendly, Montevideo has a mellow vibe. Experience it as you savour a tasty chivito (steak sandwich) at a sidewalk café, or on a sunny stroll along a wide sandy beach. Here are a few suggestions on making the most of your visit.

What's new?

The renovated Mercado Agricola, 2220 Jose L. Terra, has everything from asado (barbecued meat) to gelato to hand-crafted gifts. It can be less crowded than the more-famous Mercado del Puerto and is home to cafés and

a small brewery. Open daily from 9 a.m. to 10 p.m.

Another rejuvenated classic is the Sofitel Casino Carrasco and Spa. Formerly known as the Hotel Carrasco, the beachfront luxury hotel opened in 1921. Albert Einstein stayed here in its early years and the Rolling Stones were recent guests.

Classic attractions

Although it can get busy, the Mercado del Puerto in the Ciudad Vieja (old city) is worth a visit. A popular spot for asado is El Palenque.

For a dose of history, try the Legislative Palace. Highlights include uniformed guards watching over the glass case containing the national constitution.

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Uruguayan eat dinner late, as late as 11 p.m. on weekends, but you can find places ready to feed you by 8 p.m. (though it will be quiet if you're that early). The city feels relatively safe, but be alert, especially at night.

(available in English) at 10:30 a.m. and 2:30 p.m. Enter from Avenida General Flores.

Plaza Independencia (Independence Square), at the beginning of Avenida 18 de Julio is a good place to take photographs.

Hanging out

The Rambla runs about 27 kilo-

metres along Montevideo's coastline. Take a stroll or rent a bike to explore the wide, sandy beaches.

Walking around the old city is the best way to take in the city's mix of architecture; the pedestrian thoroughfare, Peatonal Sarandi, is the main drag and will take you past art galleries, shops and street stalls.

Check out the traditional calabash gourds and metal straws used to imbibe yerba mate (ma-TAY). The drink is hugely popular and it's common to see people walking with gourd in hand and a vacuum flask of hot water tucked under their arm.

On Sunday mornings you'll find an open air market on Tristan Narvaja and surrounding streets, starting near Avenida 18 de Julio.

THE ASSOCIATED PRESS



A variety of architectural styles can be found in Uruguay's charming capital city. MICHELLE LOAKE/THE ASSOCIATED PRESS

Day in the lyrical life of a city of stories

NEWFOUNDLAND

Getting lost in St. John's, a city that is literally full of beans

This is a city of storytellers. Writers, actors, musicians, even the cabbie who tells you the word "sex" is spelled out in the lights of the city — there are stories and the people who tell them everywhere you look.

In her award-winning novels and short stories, Lisa Moore has written beautifully about her hometown of St. John's — everything from describing the grit of a downtown alley in Alligator to her high school, Holy Heart of Mary, in her latest book, Flannery.

"I tend to write about the places I've been in a day and what I'm seeing," she says outside Fixed Coffee + Baking on Duckworth Street, a popular spot for actors, musicians and writers to fuel their creativity.

"I like to be in public places and capture how people shift and move and the expressions that come over their faces."

Walking down George St., the site of endless late-night stories, you'll hear the band at Rob Roy doing Springsteen, the fellas in Greensleeves belting out some Barenaked Ladies and the crowd over at O'Reilly's playing traditional music.

But keep walking if you want to catch local bands, such as Green and Gold, Fog Lake or Jonny and the Cowabungas playing at the bars tucked away in Holdsworth Court.

"It's a funny spot, it's not on George Street, technically," says Micah Brown, a musician and co-organizer of the Shed Island music festival held in August in St. John's. "If you didn't know it was there, you'd walk right past it, but on any given night there are a couple hundred people up in those bars listening to music."

But if you want to get "screeched-in" that is, kiss a cod and take a shot of rum,



It's a great place for research, but don't tell anyone.

Lisa Moore, author



The sun sets on George Street, but the live music plays on right through the night. CONTRIBUTED

you'll have to head to a bar on George Street.

"It's sort of like some consensual hazing. It's a fun tradition," explains Brown, a P.E.I. native who was screeched-in a few years ago.

"I like to think it started in a kitchen when somebody's cousin was visiting: 'Oh, Jeremy from Toronto is up here and if you wanna fit in, you gotta kiss a fish'."

Note that no Newfoundland

actually kisses a fish. They just watch as mainlanders do.

St. John's singer-songwriter Joanna Barker, meanwhile, grew up hearing the remarkable story of her great-great-great-grandfather, Michael Power. He was born in Ireland and as a young man he committed a crime of some sort.

"It could have been a bar brawl, could have been murder. We don't know," says Barker. "What we do know is this story."

The story is he was sentenced to life and sent to Australia. But on the way over, there was a fierce storm and somehow, Power saved the captain's wife from drowning. He was rewarded with a pardon. "He escaped a life sentence in prison and started a new life on Bell Island, Nfld.," says Barker.

Wondering about "Jellybean Row?" As a youngster, Geoff Meeker and his buddies would get hassled by the tough kids

who lived in the rough houses in downtown St. John's.

Those tough kids have moved on, replaced by tourists taking pictures of the brightly painted houses on steep streets — known as "Jellybean Row."

The nickname started in the 1980s, a decade or so after a heritage group started buying up a few run-down Victorian houses downtown.

"They fixed one up and gave it nice trim and painted it bright colours and bought the house next to it and did the same thing," says Meeker, the proprietor of Jellybean Row Shop and Gallery on Duckworth St.

The bright colours hearken back to earlier days when people who lived in the houses would use up their leftover boat paint.

"Boat paint was bright so it would stand out in the water and what was left would go on the houses," says Meeker. "It just started spreading by itself, like a cold. Everyone started doing it." TORSTAR NEWS SERVICE

The writer was a guest of Newfoundland and Labrador Tourism, who did not pay for or approve this story.

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Sweden is your oyster in Gothenburg

SEAFOOD

Former shipping town reinvents itself

Vawn Himmelsbach
For Torstar News Service

Stepping into the fish market, I wish I had put more effort into my hair and makeup. Sure, people come here to buy fish — but this is Scandinavia. And as I'm discovering, they do things differently here.

Feskekorka literally means "fish church" in Swedish.

Built in 1874, this market was designed to look like a Norwegian stave church, with slanted eaves and arched windows — a testament to the importance of fishing in the port city of Gothenburg.

But stepping into feskekorka isn't exactly a trip back in time. With its clean lines and white-painted wood, it reflects the Scandinavian sense of modern, minimalist cool. There's no fishy smell. And it's as spic and span as a doctor's office.

Walking past the neatly ar-



Johan Malm is the chef and proprietor of Restaurant Gabriel, located in Gothenberg's stylish fish market, Feskekörka (which literally translates to fish church). Many of Sweden's best chefs hail from Gothenburg. CONTRIBUTED

ranged displays of salmon, mackerel, herring and bass to the end of the market hall, I climb a flight of stairs leading to Restaurant Gabriel. But there are no wrinkled, weathered fishermen here — instead, the place is run by young Swedes with

hipster beards and plenty of ink. And they're serious about their seafood.

This is where you can find the rare Swedish oyster. "It's a delicacy from the west coast but it's very hard to find," said foodie guide Jesper Adolfsson,

who runs a tour company called Matvandringen (matvandringen.se). "This is one of only two or three places where you can get it in Sweden."

Indeed, only about 400 oysters are harvested on the west coast of Sweden each week. The Klem-

HAGA DISTRICT

In the Haga district and the blocks around pedestrian-friendly Magasinsgatan, you'll discover trendy Swedish brands alongside galleries, coffee bars and hidden nooks with popup lunchtime dance parties. Look for the "secret" Victoriapassagen, a lane between Vallgatan and Soda Larmgatan, where you can sample Sweden's best chocolate from Flickorna Kanold.

ming brothers, Bengt and Peter, run a diving company and are responsible for harvesting the oyster beds that lie on the privately owned sea floor between Hamburgsund and Stromstad. They supply about 80 to 90 per cent of Sweden's oysters, and most of them end up at Restaurant Gabriel.

Johan Malm, the restaurant's chef and proprietor, also happens to be the winner of the 2010 Galway World Oyster Opening Championships. At his restaurant, I sample one of these rare

flat oysters. I'm instructed not to swallow it whole, like I'm accustomed to — in Sweden, diners chew their oysters, and they don't add any toppings such as horseradish or a squeeze of lemon.

And I don't need any. After all, the seafood here is considered some of the best in the world, thanks to the clean, icy cold waters, where fish take longer to grow and develop fuller flavours.

The oyster goes down well with a thick, dark Ostronporter — a porter-style beer brewed with actual oysters (if you want to go really wild, try "black velvet," a mix of Ostronporter and Champagne).

The fish church — like the rest of Gothenburg — is a surprise. Sweden's second-largest city was once known for its shipyards, but that all came to a dramatic end in the '70s, when the shipping industry moved to China. The demise of its shipyards "left the riverbank deserted and empty and we have had to reinvent our identity," said Gothenburg guide Erika Svenske.

Vawn Himmelsbach was hosted by Eurail, which didn't review or approve this story.

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The Los Angeles Kings named Anze Kopitar their new captain Thursday, taking the job away from longtime captain Dustin Brown



Smith and Weston ready to be Willy's target duo

CFL

O'Shea 'very sure' QB will have receiving pair to start '16

Ryan Smith can't wait to get back to running routes with Weston Dressler.

The new Blue Bomber receivers haven't been on the field together since June 4, when Dressler suffered a lower-body injury during practice. But the former Saskatchewan teammates are expected to be a dynamic duo again when Winnipeg kicks off the CFL regular season June 24 at home against Montreal.

"Any time Weston isn't out there I'm going to miss him," Smith said after Thursday's practice, which Dressler missed.

"He helps me just as much as I help him. He's a great friend of mine, a great teammate. He's a great leader of this football team and just to have that veteran presence out there is going to be a major key to our success."

We just want to get the ball in his hands because he's going to make some great plays for us this year

Drew Willy on new receiver Ryan Smith

Smith, who caught two touchdown passes from Willy in practice, including a long bomb in double coverage, said Dressler's absence has also been beneficial in some ways.

"Me and Weston, when we're together there's a level of comfort because we played with each other last year," he said. "But it's nice to get someone new in there for a little just to kind of try something new. Once Weston gets back, we're going to be flying around again, making plays."

Winnipeg's receiving corps was overhauled after a 5-13



Bombers receiver Ryan Smith snags a pass last Wednesday against the Alouettes who will return to Winnipeg for the season opener next Friday. JOHN WOODS/THE CANADIAN PRESS

season, with Canadian wideout Rory Kohlert and import Darvin Adams the returning starters.

Dressler was signed in late January after being cut by the Roughriders. The eight-year veteran had a team-high 70 catches for 941 yards and six touchdowns in 16 games with last year's 3-15 squad.

He helped convince Smith, Saskatchewan's leading receiver from last year, to join Win-

nipeg on the first day of free agency. Smith put up a career-high 991 yards and seven TDs from 59 receptions in 16 games during his second season.

"He's extremely fast and can stop very quickly so he's great at getting leverage on guys," Willy said of Smith. "We just want to get the ball in his hands because he's going to make some great plays for us this year."

The Bombers have been au-

diting for the other vacant starting receiver spot, with Quincy McDuffie, Thomas Mayo and Fred Williams some of those battling for a role.

Second-year receiver Addison Richards is on the six-game injured list with a broken hand.

"It's definitely going to be tough to see how it all shakes out," Willy said. "We've got a lot of guys fighting for spots and it's a good competition."

THE CANADIAN PRESS

BASEBALL

Fish make it rain vs. AirHogs

When it rains, it pours. And while nary a single drop fell from the sky during Thursday's matinée at Shaw Park, the Winnipeg Goldeyes' bats reigned supreme in a 14-5 thumping of the Texas AirHogs.

Winnipeg's seven-run opening inning was fuelled by well-timed hitting and patient at-bats, with their first eight batters safely reaching base on singles or walks.

"Once you see the other pitcher start walking guys, you've got to take advantage

THURSDAY At Shaw Park

14	5
GOLDEYES	AIRHOGS

of that," said Goldeyes catcher Carlton Tanabe, who went 3-for-4 with three RBI on the day and scored twice. "They got almost the same amount of hits as us but it's the walks that killed them."

Taking two of three from Texas in their only meetings

of the season, Winnipeg captured their fourth series victory of 2016.

"Especially when they're leaving Winnipeg, it's nice to have a good game and get that 'W,'" added Tanabe.

Winners of four of their last five, the Goldeyes now play host to the American Association-leading St. Paul Saints (19-9) for three weekend matchups, with Winnipeg (15-12) sitting 3-1/2 games back of the Saints for first place in the North Division.

DARRIN BAUMING FOR METRO

SOCER

Poland keeps superpower at bay

EURO 2016
GROUP PLAY

Germany provided the first goalless draw, England earned the first comeback victory and Ukraine became the first team to be eliminated from the European Championship on Thursday.

World champions in Brazil two years ago and 2-0 winners over Ukraine on Sunday, Germany went into its Group C game against Poland at the Stade de France as the clear favourites.

Instead, Germany was kept in check by a well-organized Poland side that also had the best

chance to break the deadlock in a dour game.

England coach Roy Hodgson's substitutions Jamie Vardy and Daniel Sturridge each scored in a win over Wales and Northern Ireland later claimed its first tournament win in 34 years with a 2-0 win over Ukraine. With the loss, Ukraine was eliminated.

THE ASSOCIATED PRESS

IN BRIEF

Storms suspend first round of U.S. Open

Storms that took plenty of bite out of Oakmont wound up shutting down the U.S. Open on Thursday.

The first round was suspended

for the third and final time just as 28-year-old qualifier Andrew Landry was finishing up a dream round in his debut at golf's toughest test.

Coming off two straight bogeys, Landry hit his approach into about 10 feet on the ninth hole for a birdie attempt when the horn sounded as a violent storm approached. He was in the lead at 3 under par.

THE ASSOCIATED PRESS

Canada asks for continued ban on Russian track team

Athletics Canada wants the ban of Russia's track and field team to continue.

The governing body of track and field in Canada has sent a letter to IAAF president Sebastian Coe asking for the suspension of Russia's track and field team because of widespread doping allegations be upheld.

The IAAF is expected to announce Friday in Vienna whether Russia will be reinstated for the Summer Games in Rio in August.

THE CANADIAN PRESS

Gasol's Zika fear leads to thoughts of freezing sperm

Spain's Pau Gasol says he will consider freezing a sperm sample because of concerns over Zika if he decides to play in the Rio de Janeiro Olympics.

Gasol says "freezing sperm is one of the measures I have to consider."

The 35-year-old Chicago Bulls centre has yet to commit to playing for Spain. Gasol has led Spain to two consecutive silver medals after losing to the United States in the 2008 and 2012 finals.

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MacDonald out for blood

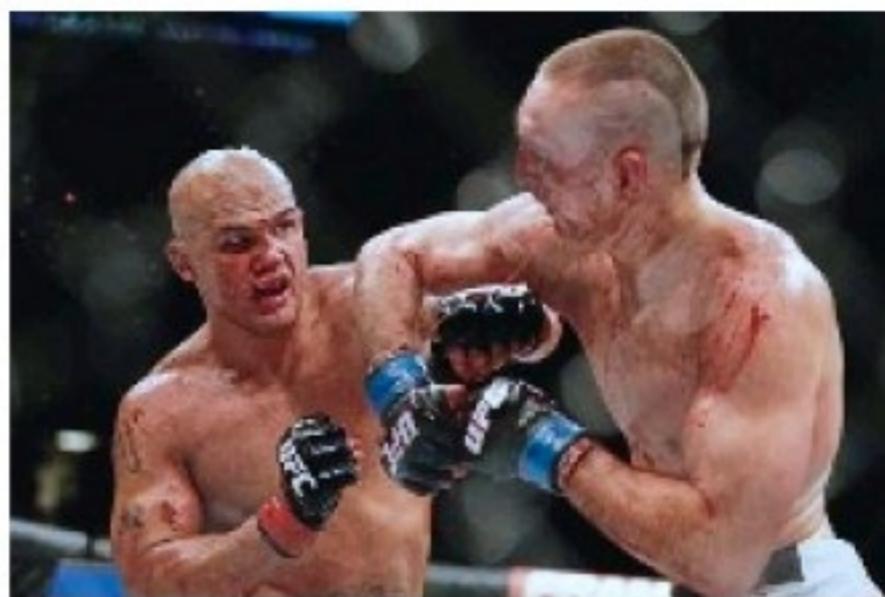
UFC

Canadian fighter in main event of Ottawa Fight Night

Rory (Red King) MacDonald's analysis of his UFC main event showdown Saturday night with Stephen (Wonderboy) Thompson managed to be both pithy and more than a little chilling.

"It's going to be a technical fight," the 26-year-old Canadian told reporters Thursday. "There will definitely be bloodshed."

MacDonald (18-3-0) knows of what he speaks. His last fight in July 2015 was a five-round bloodfest with 170-pound champion (Ruthless) Robbie Lawler that left the challenger looking like he had just put in a double-shift



Rory MacDonald, right, lost a bloody championship match to Robbie Lawler last July. JOHN LOCHER/THE ASSOCIATED PRESS

in a slaughterhouse.

His face was a bloody mask above a torso that resembled a crimson-spattered Jackson Pollock canvas. His nose was a far cry from what it had looked

like just a half-hour previously. The battered champion, his lip sliced open like he had fallen into a table saw, didn't look much better.

Lawler eventually prevailed in

what was deemed fight of the year, an honour that speaks volumes about the sport of mixed martial arts.

MacDonald, ranked No. 1 among welterweight contenders, and No. 2 Thompson are friendly having spent time together some years ago when Thompson, a former world champion kickboxer, used to come to Montreal's Tristar Gym to help former champion Georges St-Pierre prepare for his fights.

"It kind of sucks," Thompson said of fighting a friend.

MacDonald was less warm and fuzzy.

"We've been friendly for years," he said. "But we're also competitors. Right now that takes precedent."

Or, as he put it another way: "I'm here to hurt this guy and take what's mine."

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- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp salt
- 1 cup buttermilk
- 1 cup milk
- 1 egg
- 1/4 cup applesauce
- 2 Tbps butter, melted
- 1 tsp vanilla extract
- 1 Gala apple, peeled and thinly sliced
- 2 Tbps butter
- 1 Tbps brown sugar
- 1/2 tsp cinnamon

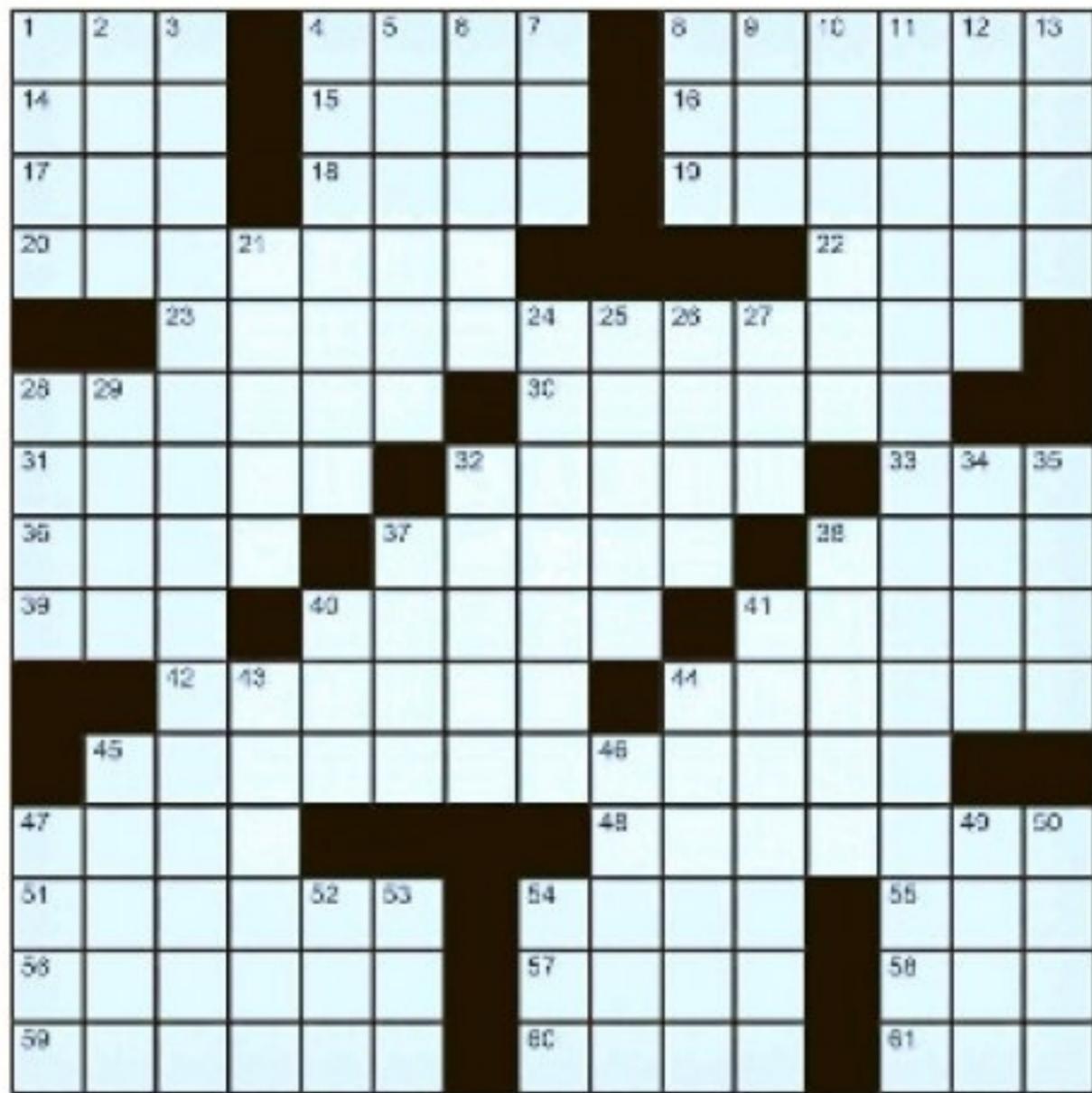
Directions

1. In a bowl, whisk flours, baking powder, soda, brown sugar, cinnamon, nutmeg and salt. In a separate bowl, whisk milk, buttermilk, egg, applesauce, butter and vanilla extract. Combine wet ingredients into flour mixture and stir. Let batter rest in refrigerator a few minutes.
2. Add a tablespoon of butter into a skillet over medium heat. Allow to melt and for pan to get hot. Working in batches, ladle batter into skillet and cook pancakes until bubbles appear on surface. Flip and cook another minute or two. Remove pancakes and keep warm in the oven. Repeat until you've used up the batter.
3. In a separate skillet, melt the butter over medium-low heat and mix in sugar. Add apples and sprinkle with cinnamon. Cook until apples are tender crisp, about 4 minutes. Serve the apple mixture over warm pancakes.

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1. DreamWorks ___
4. Bullfighter's cloak
8. Deepnesses
14. Jeff Lynne's gr.
15. Detail
16. Mr. Keitel
17. "Those details are a bit over the top for my ears!"
18. Canuck politician
19. Byword
20. Guts
22. Cleveland basket-ballers, briefly
23. R. Buckminster Fuller's architectural design for the U.S. Pavilion at Expo 67 in Montreal: 2 wds.
28. Lake edges
30. Principal dancer at the Paris Opera Ballet
31. Attach: 2 wds.
32. "Mr. Dress-up" puppet
33. _-Fi
36. Roads, e.g.
37. Canada's highest mountain
38. Fantastic, in slang
39. Oui, in English
40. Really on trend: 2 wds.
41. Barbarians
42. Sounded off
44. _ House (Manitoba community originally an HBC trading post)
45. Made-in-England for Canada... John Atkinson, the manufacturer of the Hudson's Bay iconic Point Blanket, is a brand of what since 1783 British textiles company?:



initials + surname
47. Amer./Brit./Canuck rock supergr.
48. Fugitive's refuge
51. "Doogie" M.D.
54. Business: 'Big Board', briefly
55. Barn abode
56. "Seinfeld" role
57. Baltic Sea feeder

58. Faucet
59. Car maker
60. Rock's rug
61. "Murder, ___ Wrote"

3. Not following the crowd: 4 wds.
4. French car manufacturer
5. Conflicting: 2 wds.
6. As such: 2 wds.
7. Ms. Adams
8. "Splash" (1984) actress ...her initials-

sharers
9. 'Arbor' suffix
10. "A Whiter Shade of Pale" by Harum
11. Monty Hall of Winnipeg and Alex Trebek of Sudbury, e.g.: 4 wds.
12. Raise
13. Thesaurus en-

DOWN
1. Son of Ramses I
2. ...H. I. J. ...
3. O. P...

*** IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

Aries March 21 - April 20
Avoid important discussions about politics, religion or racial issues, because you're not in the right frame of mind for this. Someone can make you doubt your beliefs. (This is temporary.)

Taurus April 21 - May 21
This is a poor day to discuss inheritances, shared property or details about insurance matters, because there might be confusion, or even deceit. Certainly, there is hesitation.

Gemini May 22 - June 21
Avoid important discussions with partners and close friends, because even ordinary life details are confusing today. Someone might discourage you. Just accept this for today.

Cancer June 22 - July 23
Don't make a big issue about anything at work today. Everyone, including you, is doing the best he or she can. But today, anybody's best is not enough.

Leo July 24 - Aug. 23
Romance might disappoint you today. Something you thought was solid now looks shaky! Don't get your belly in a rash. This is a shaky day for everyone.

Virgo Aug. 24 - Sept. 23
Things that you thought were solid and dependable at home now look uncertain. Don't worry, because this is a shaky time is temporary. Hold your ground.

Libra Sept. 24 - Oct. 23
Quite likely, you have feelings of self doubt today. You might question your ability to do something. Don't worry — this feeling is temporary. (Millions feel this way today.)

Scorpio Oct. 24 - Nov. 22
Avoid important financial decisions, because you might not have all the facts, or you're confused about what you hear and see. Easy does it. It's temporary.

Sagittarius Nov. 23 - Dec. 21
Today your objectives are unclear; this is a fact. You might even feel incapable of coping with ordinary tasks. Don't worry, because this is par for the course today. Chill out.

Capricorn Dec. 22 - Jan. 20
You might have a crisis of confidence today. Where you once felt strong, suddenly you're not so sure. Don't worry, because this is a fleeting dark cloud on your horizon. Trust me.

Aquarius Jan. 21 - Feb. 19
Don't take it personally if a friend disappoints you today. (This person might be disappointed in you as well.) Basically, lots of people are disappointed today — it is what it is.

Pisces
Feb. 20 - March 20
This is a poor day for important discussions with bosses, parents, teachers and VIPs. You won't make a good impression. (The joke is that they are confused too! Go figure.)

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

7			1	
	3		2	6
1	4			8
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8	3	5		6
			6	3
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June 17 - 26



FRIDAY
JUNE 17

Autumn Hill

with guests Small Town Pistols

8 p.m.



SATURDAY
JUNE 18

Ria Mae

with guest Gabriela Geneva

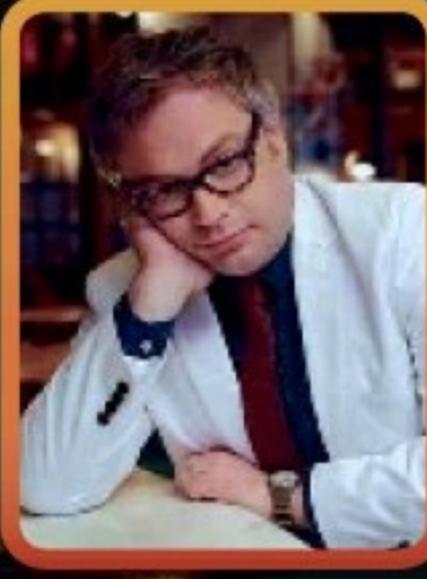
8 p.m.



SUNDAY
JUNE 19

Harlequin

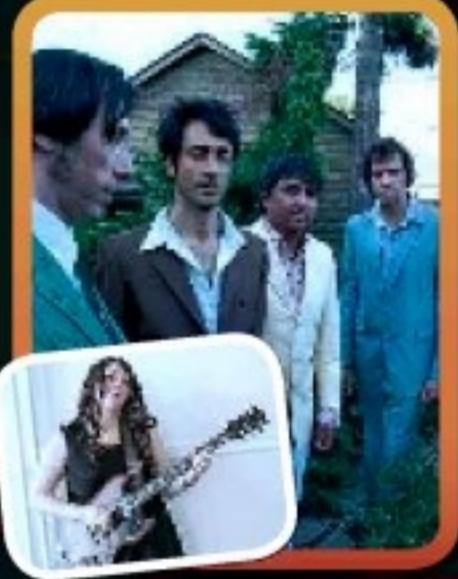
8 p.m.



MONDAY
JUNE 20

Steven Page

8 p.m.



TUESDAY
JUNE 21

The Sadies

with guest Terra Lightfoot

8 p.m.



WEDNESDAY
JUNE 22

Chilliwack

8 p.m.

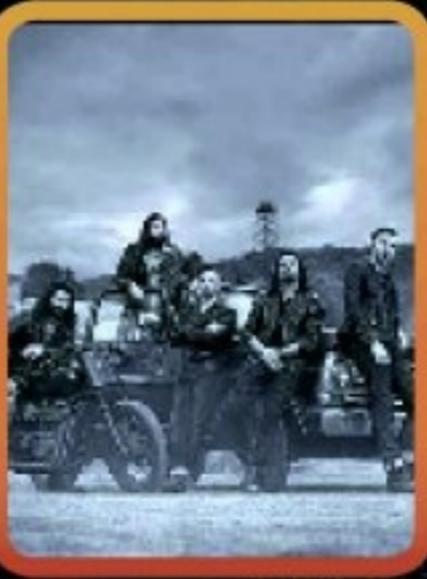


THURSDAY
JUNE 23

Jess Moskaluke

with guest Kendra Kay

8 p.m.



FRIDAY
JUNE 24

Pop Evil

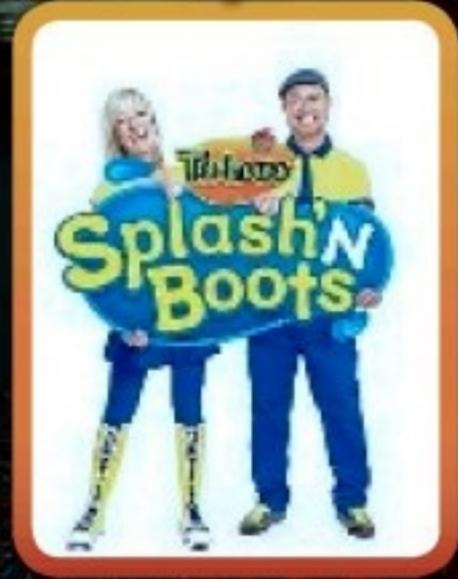
8 p.m.



SATURDAY
JUNE 25

Coleman Hell

8 p.m.



SUNDAY
JUNE 26

Treehouse's

Splash 'N Boots

2 & 4 p.m.